3-19-14

VALLEY STAR

los angeles valley college's

the independent student newspaper

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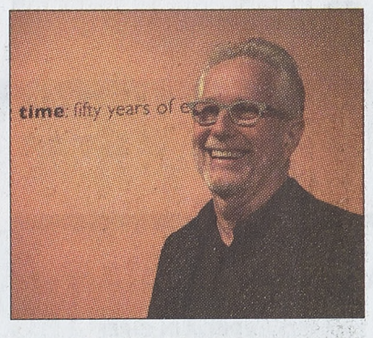
IS LSD THE NEW TREATMENT FOR PSYCHOTHERAPY? PAGE 3



VALLEY CELEBRATES 50 YEARS OF THE ART GALLERY. PAGE 4

LADY MONARCH'S SEASON IS OVER, THE REVIEW IS HERE. PAGE 5

STOCK PHOTO
Rocking LA- 4.4 earthquake rumbles through the Los Angeles area on Monday at 6:25 a.m.

VALLEY GETS RUDE AWAKENING

4.4 earthquake shakes the Los Angeles area on Monday morning.

KARINA TOVAR
STAFF WRITER

A 4.4 magnitude earthquake rocked the Los Angeles area early Monday morning.

The quake was centered six miles north-northwest of Westwood, and about 15 miles northwest of Downtown Los Angeles. The tremble occurred at 6:25 a.m, waking many Southern California residents in a panic; it was followed by a 2.7 magnitude aftershock. The following day at 8:45 a.m, a 2.6 magnitude earthquake hit in Brentwood. No major injuries have been reported yet.

"I was really frozen," said biology major Judy Perez. "This was the first earthquake I've ever felt so I didn't know what to expect."

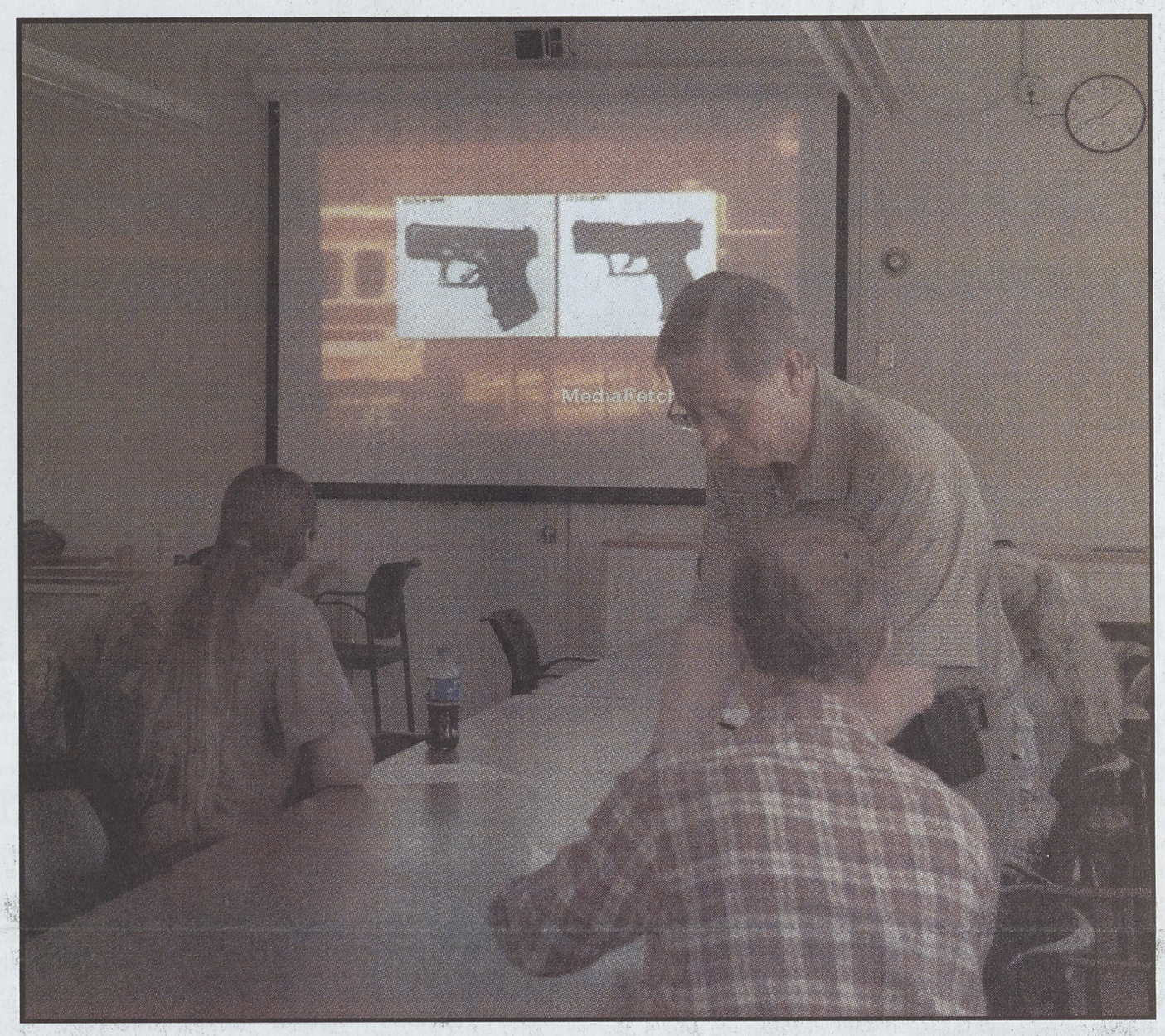
This wakeup call caused many to remember the Jan. 17, Northridge 6.7 magnitude quake of '94. The natural disaster that occurred at 4:31 a.m. left 60 people dead and more than 7,000 injured. Over 20,000 LA residents were left homeless and the quake totaled about $13 to $20 billion in damages between LA, Ventura, Orange and San Bernardino counties. Many residents fell short on water and food supplies after the "Big One," reminding many that an earthquake emergency kit is a necessity for a Southern California resident.

"I'm not prepared at all," said kinesiology major Ronald Jackson when asked if he was prepared for another big one to hit. "But now since I know, I'm for sure gonna get prepared."

The only damage that has been reported at LAVC following Monday's quake was a broken chilled water line that provides cooling to four campus buildings. Valley provides its 19,000 plus students with procedures on what to do in case an earthquake hits while on campus. The webpage that was last updated in 2012 provides basic information for students. Monarchs are instructed to follow building marshals or emergency responder instructions in an event of an earthquake.

Valley students are reminded to stay indoors if they are in a building when a quake hits or stay outdoors if they are outside. With recommendations ranging from dropping under a

EARTHQUAKE, Page #2



ROSHON BONNER, STAFF PHOTOGRAPHER | VALLEY STAR
PREPARING FOR THE WORSE- Cautious teachers schedule for training for preparation in the event of active shooters on campus inside Bungalow 38.

MEDIA ARTS SCREEN MONARCHS WORK

Talented Monarchs get a chance to shine in the Media Arts Student Screening.

PAUL FRUMKIN
STAFF WRITER

Valley College will be hosting Media Arts Student Screenings, a showcase of student work from the Media Arts Department from fall 2012 and spring 2013 on Sat, March 29. It is free and open to the general public.

"This is not only for Monarchs," said Prof. Chad Sustin. "This event is for anybody who appreciates media art. I encourage everyone to bring friends and family."

The event will take place in the Recital Hall in the Art Building. Doors open at 6:00 p.m. and the films are scheduled to begin at 6:30 p.m.

"The doors open at six," said Sustin. "But, I highly suggest people to come earlier and enjoy the food and drinks."

The event will hopefully showcase work from the Broadcasting, Photography and Journalism departments, depending on which departments choose to display their work. The program is currently in development, and is estimated to last approximately two hours.

The event will feature films from both current students and alumni. "The films that will be presented," said Sustin. "The majority of the students are still here and some of them have already graduated and moved on with their careers."

"I'm actually very excited because one of my films is going to be shown," said Daniel Moreno, film major. "I think everyone should participate by attending and support our school."

It is a good chance for people to come and support Valley's artists, as well as a great opportunity for students to get together. One student in particular is looking at the showcase as a potential romantic setting. "I think it is a wonderful idea," said astrophysics major Zareh Odabashian. "It sounds like a lovely place for a date."

The showcase provides a good opportunity for students who are in the media arts to admire other students' work, to get their own work noticed, and to draw inspiriration that they may incorporate in their own creative outlets.

Broadcasting major Shane Martinez said, "Considering I took a cinema class and learned quite a bit about movies and galleries such as images, I find this would be very beneficial and also very interesting to see all of the displays."

P.FRUMKIN
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STOCK PHOTO
LIGHS, CAMERA, ACTION - The Media Arts Depatment at Valley gets ready to display Monarchs works of art.

MONARCHS READY FOR POTENTIAL SHOOTINGS

Valley College teachers and faculty receive training to prevent disasters.

ALTON PITRE
SOCIAL MEDIA

Faculty and staff of Valley College received imperative training Friday afternoon on emergency response in the event of an active shooter on campus.

Valley College has yet to experience an active shooting, but recent threats have caused for a campus evacuation.

Los Angeles County Sheriff Deputy James McKain, lectured staff of the proper procedures to take if there is an emergency, and what to expect from the suspects and law enforcements.

McKain also emphasized that teachers and faculty should contact the Sheriff's direct line in case of emergency; the number is (818) 947-2911.

"We, the Sheriff's Department here at Valley College, we are not here to help you, save you or evacuate you," said McKain, explaining the Sheriff's mission during a school crisis. "We are here to stop people from dying."

The deputy deeply expressed that time is of the essence and most important in these situations. Faculty and students must understand and cooperate accordingly to assure that the suspects are dealt with and that everyone is kept safe.

He guarantees that no stone on school grounds will be left unturned when searching for these predators.

Based on the history of past shooters, they are all usually quiet and intelligent. "Remember these guys are planning these events," said McKain. "They are doing their homework just like we are doing our homework…what we are trying to do is burn his time up and get to him."

From the time the first call is made to a dispatcher, until the time of the Sheriff's arrival at Valley, the teachers and faculty are in charge.

However, they won't be in control for long, since Mckain made it clear that the Sheriff's can arrive within 90 seconds of the call.

Within that time, the faculty is ordered to follow a protocol of three essential steps: run, hide, or fight.

The deputy explained the three steps: If the danger is in your vicinity, run. If you are not able to run, hide. Secure the immediate area, lock the doors, or barricade them if needed, then patiently wait until help arrives. The last resort is to fight, but only if your life is in imminent danger. Fighting will probably consist of doing whatever is required to survive, according to McKain.

Valley personnel should be very cognizant of their current circumstance and already have their thought process prepared, because any type of action is better than doing absolutely nothing, McKain stated.

Preceding episodes of campus shootings were also reviewed for a better knowledge of what usually occurs. Schools like Columbine, Cal State Fullerton, Sandy Hook and Virginia Tech were discussed.

During Santa Monica College's shooting, for example, the suspect was taken down two minutes into the incident, with 83 different agencies of about six to seven hundred police from all over southern California responding to the call.

The deputy stated that in the event of an incident the response you will get is massive. McKain himself was surprised of how many law enforcements arrived to the scene. He confessed that he did not even

|See **COLUMN**, Page 2|

THE VALLEY STAR INFO & STAFF

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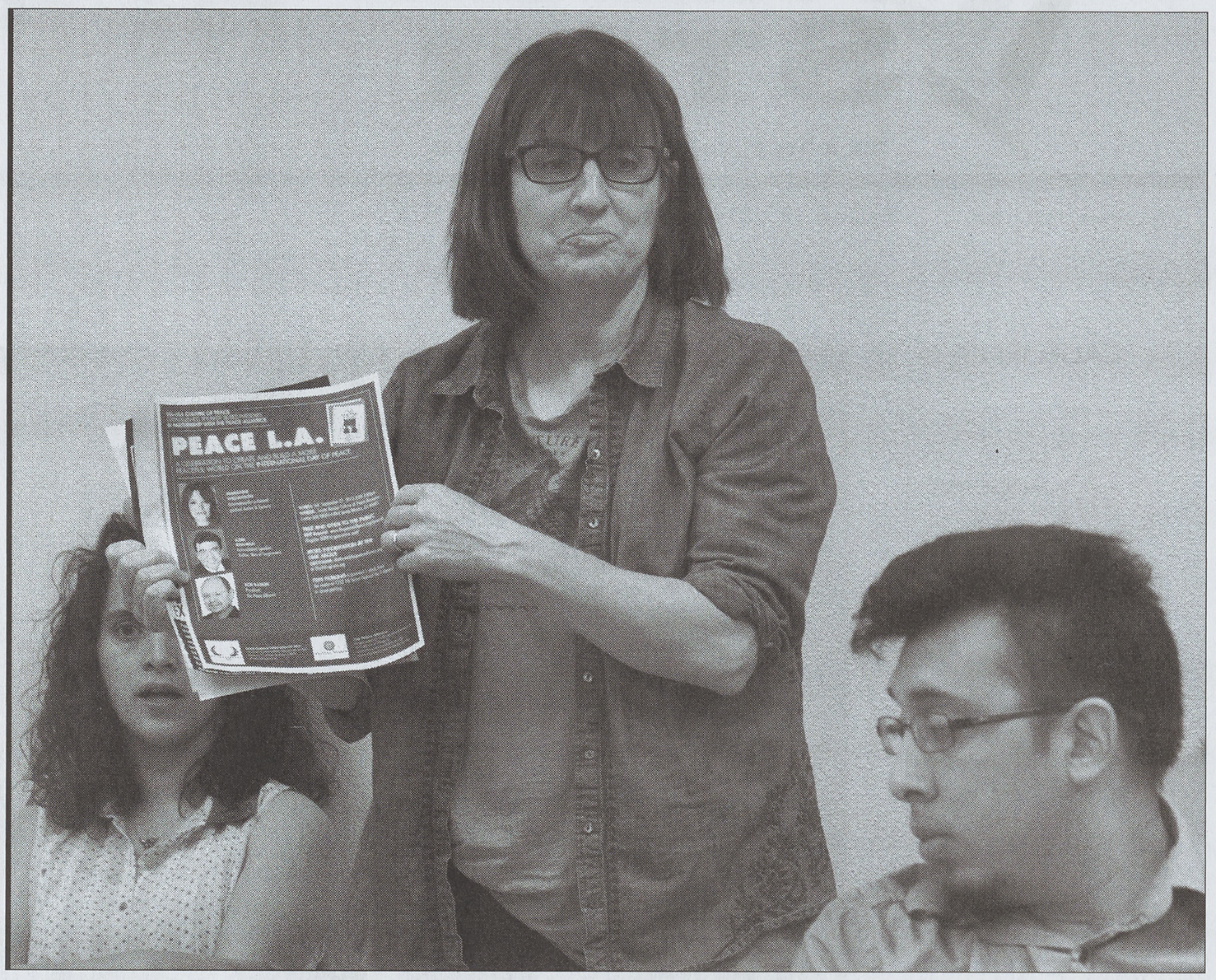

NATALIA CAMERONI, STAFF PHOTOGRAPHER | VALLEY STAR

NEW CLUBS ON THE BLOCK - All the existing clubs of the ICC and ASU members vote in five new clubs on Thursday at the ASU Conference Room.

ICC WELCOMING NEW CLUBS FOR VALLEY COLLEGE

Five new clubs are now availalbe for Monarchs to join.

ALEXANDRA AVENDAÑO
STAFF WRITER

Five new clubs were on the verge of joining The Inter Club Council (ICC) of the Associated Student Union (ASU) of Valley College. The meeting was held on Thursday at the ASU Conference Room.

Representatives from each chartered club on campus make up the ICC. They were all present in the meeting to vote on whether the proposed clubs would be authorized to join the array of the 17 established clubs at Valley.

The meeting consisted of representatives of the five new potential clubs, which consist of the Gardening Club, the Buddhist Peace Club, the Business Econ Club, the Broadcasting Club, and the Respiratory Care Advocates (RCA) Club.

"Our club is hoping to let people know about the smoking sensation that continues to be a worldwide epidemic," said RCA representative and respiratory therapy major Roxy Shakhbazyam. "Now that we're official, we can do that."

The Buddhist Peace Club's purpose is to attempt to educate students on the value of human life and promote peace at Valley. The Business Econ Club will be there for all students who want to discuss the world economy. As for the Gardening Club, they have plans to expand knowledge on how to garden for students who are interested.

"The goal with our club is to raise awareness internally in the school, and externally in the community," said Broadcasting Club representative and broadcasting major, Matthew Piper. "We also want to help promote all the other clubs with the school's radio station."

After presenting their cases on what their clubs would offer to the culture at Valley, the ICC placed the induction of the club to a vote.

The five clubs were all approved, moving the numbers of clubs at Valley to 22. These new clubs will expand the campus' culture by providing various ways to become involved for impassioned Valley students.

Other topics were discussed in the ICC meeting, including future events being held by the various clubs at Valley. This month, club day is on Mar. 19, while the toga-themed Spring Fling dance is on Mar. 28.

The ICC meets weekly on Thursdays at 1 p.m. in room 104 in the Campus Center. The public is welcomed to voice their concerns.

A.AVENDANO
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Earthquake Continued from page 1

solid object, gathering next to an interior wall and tucking your knees and clasping your neck, Valley tries to provide their latest up-to-date security measures for students.

"No. I do not," said broadcasting major Max Foster when asked if he thought Valley was doing enough to provide students with safety procedure information. "I was [on campus] this morning, less than three hours after the earthquake and there was zero information posted anywhere."

LAVC Sherriff's department assures that in an event of a natural disaster, Valley has taken the necessary procedures to protect the students on campus.

"We're doing everything that [students] need to have to keep them protected" said Deputy McKain. "This is one of the safest campuses there are, there is no question about that."

Students can learn more about what they can do to get prepared by visiting Valley's Sheriff Station located in the Maintenance and Operations Building on campus.

K.TOVAR
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Shootings, continued from page 1

know there were that many different agencies until the Santa Monica College incident.

The LA County Sheriff urges everyone to call the Sheriff's direct line instead of 9-1-1 in the event of a campus emergency.

"All emergency calls in California," said McKain, "are made to either one of two California Highway Patrol dispatch centers in Sacramento or Los Angeles."

A.PITRE
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WITHDRAWALS LEAVE DETRIMENTAL EFFECT

Monarch's future careers can be endangered because of withdrawals.

STEPHAINE MENDOZA
STAFF WRITER

Monarchs cannot afford to overlook withdrawals; their educational goals and future careers could be in jeopardy.

According to the office assistant of the Counseling Department, Selma Cohen, students are not allowed to get more than three withdrawals per class. If students withdraw from a class three or more times, then they would have to take the class in another district.

"Before we had withdrawals all the time," said Cohen, "and it did not matter."

If a student is taking 12 units, and asks for a withdrawal for 50% of their 12 units, the student is automatically placed on academic probation.

Probation is also used as a factor for dismissal from Valley College. However, if the student shows academic improvement the next semester then they are removed from probation.

"I have only gotten a 'W' once," said English major Ashley Martinez. "I know I can only get three; I retook the class so the 'W' could go away."

Most of the time, withdrawals will not be erased from a student's transcript. However, on rare occasions, a student can be cleared of withdrawals. In cases of emergency like an illness or a pregnancy, the students would have to talk to a counselor and petition to have the withdrawal cleared from their transcript, according to Cohen.

"I know withdrawals are bad," said accounting major Anina Harutyunyan. "I know that we can only get three withdrawals per class. I've never had to withdraw from a class but if I had to, I would only withdraw once."

Valley students that have too many "W's" cannot only damage their transcripts, but their wallets as well. According to Valley's Financial Aid Office, a student is not allowed to have more than 30 percentage of their overall units with withdrawals.

However, if the student does have more than 30 percentage of withdrawals, then they will become financially disqualified to receive help.

"I would have never known that," said history major Giovanni Rodriguez. "I was thinking of dropping a class, but this has quickly changed my mind."

S.MENDOZA
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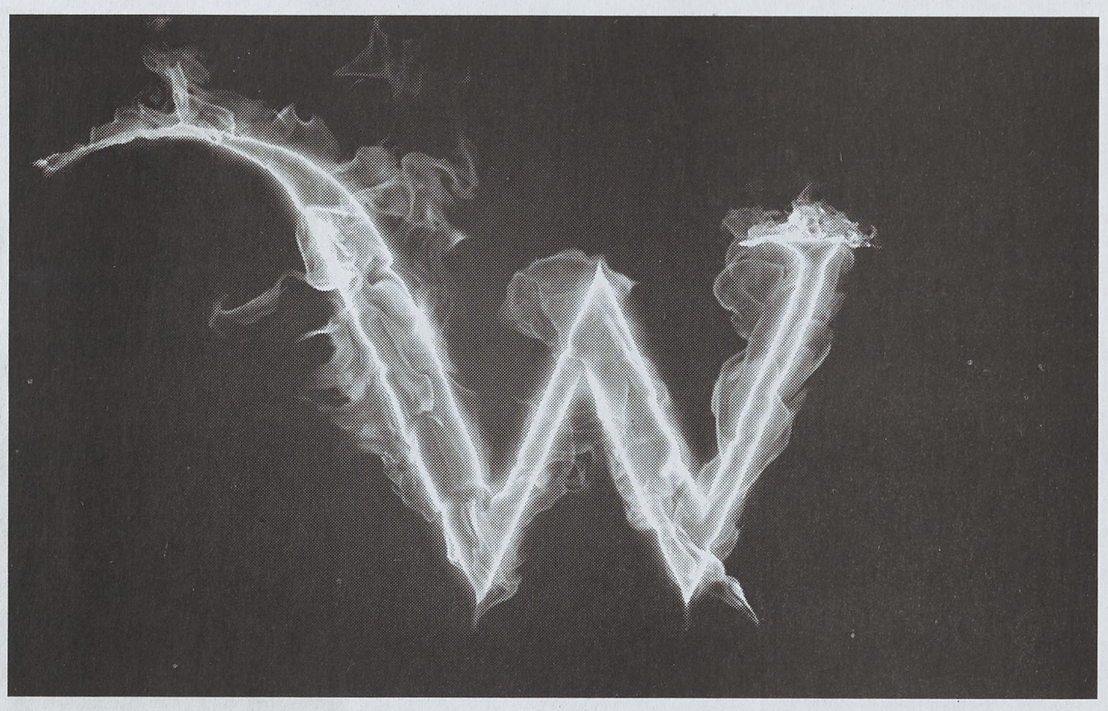

STOCK PHOTO

WITHDRAWALS LOOM OVER VALLEY - Monarch's biggest fear on their transcripts are not "F's" but getting "W's".

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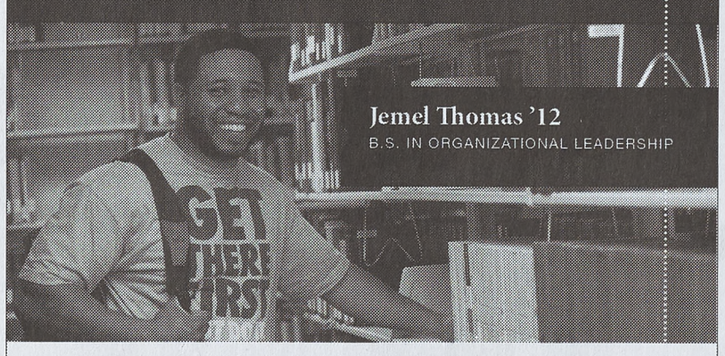

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YEARLY CPAC LEFT MUCH TO BE DESIRED

The far right weighs in on what they think is wrong with this country.

OCTOBER PRIMAVERA
STAFF WRITER

Conservatives held their annual pep rally-style convention, an opportunity to showcase potential Republican Presidential candidates for 2016.

The all-stars of the conservative movement gave speeches, notably, Kentucky Governor Rand Paul. He has won the unofficial straw poll for the nomination the past two years.

While not everything the Tea Party has to say is unreasonable, by letting the biggest, craziest, and loudest voices speak, their message gets completely lost in the fray.

Governor Paul is a shining light of hope for the conservatives, but all anyone on the left can seem to talk about is the dramatic speech made by former vice presidential candidate Sarah Palin.

"I do not like this Uncle Sam. I do not like this healthcare scam," Palin says in a Dr. Seuss voice.

For the past six years she has been the liberal media's punching bag, and Republicans more towards the center have a tendency to try to ignore her. So why does the far right still give her so much attention? Every other day there is a story where she said or did something that liberals find funny.

"Sarah Palin shouldn't be allowed to make speeches, ever. It diminishes their integrity by allowing her to speak on their behalf," says nursing student Michelle Wilcox, 22.

Palin was not the only loud, booming voice during the 3-day event. Ted Cruz made statements during his speech that caused uproar within his own party.

"All of us remember President Dole and President McCain and President Romney — now look, those are good men, they're decent men but when you don't stand and draw a clear distinction, when you don't stand for principle, Democrats celebrate," Senator Cruz tells an incensed crowd.

Other prominent members of the party were quick to fire back at these remarks, feeling they were disrespectful.

Overall, the message seemed to be to fight. Fight against the far left, fight against what they feel is wrong with this country, and fight against President Obama. Which leaves the question, aren't we supposed to be united as one?

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ILLUSTRATION BYMALLORY PITTMAN.| VALLEY STAR
OPENING THE DOORS OF PERCEPTION - Alternative treatment for terminally ill patients have surprisingly elightening effects on the destitute of spirit

DUKE STUDENT SPREADS IT FOR SCHOOL TUITION

University patron finds alternative source of income to ease debt.

JHANELLE RIVERA
EDITOR IN CHIEF

Whether it is getting dollar bills thrown at you from sliding down the pole or giving fellatio on camera, no one deserves verbal abuse for their legal profession.

Duke University chat boards and social media sites, including Facebook and Twitter, have been the outlets used to cyber bully the 18-year-old freshman who pays a ludicrous tuition fee of nearly $60,000 a year by working as an adult actress. North Carolina's minimum wage of $7.25 an hour would not even cover half of the expenses. The adult film star reported on CNN that she makes more than $1,100 per scene. College students are aware loans lead to debt, scholarships are not guaranteed, and some may not qualify for financial aid.

She could have robbed a bank for college tuition like the 19-year-old grade-A idiot, Hannah Sabata, who later the same day paraded the money on YouTube. Being an adult entertainer is lawful and harmless to others; that being said, this rising porn star does not deserve death threats. The women studies and sociology major goes by Miriam Weeks during school hours. On set, however, she is Belle Knox.

"You should slit your wrists and die, you stupid bitch," "She deserves to be raped," and "FUCK YOU!!!! IF I SEE U WALKING ON CAMPUS I WILL KICK YOU IN THE FACE" are a few words Weeks views on media posts from her fellow school mates.

"It came to a point where I felt so unsafe on campus both mentally and physically," Weeks stated on CNN. "Being on campus was a really upsetting experience for me."

The freshman experienced brutal harassment because of frat boy Thomas Bagley who approached her for clarification after watching one of her pornos. Bagley made a promise, which was obviously broken, to not reveal this information. The untrustworthy person spread the word to the rest of his "brothers" at a campus Rush event.

Let's keep it real; a majority of people have viewed a sex scene on a feature film in their lives. According to United Families International, a non-profit organization, 25 percent of all search engine requests are pornography related which is 68 million a day. Porn is still the film industry. Do not forget, Oscar winner Halle Berry performed a sex scene in Monster's Ball that you would most likely see in a porno. This scene led her to win an Oscar for Best Actress in a leading Role. The successful film made more than $40 million and no one has judged Ms. Berry when she received her award.

"I think it's extremely hypocritical that the same society that consumes me is also condemning me," Weeks said on CNN.

EDITORINCHIEF
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THIS IS A HUGE DEAL. PEOPLE SHOULD KNOW THERE'S A PORN STAR AT SCHOOL.
I THINK PEOPLE WOULD BE MORE INTERESTED IN THE HOURS YOU SPENT "INVESTIGATING" THE EVIDENCE
DUKE
Pittman

ILLUSTRATION BY MALLORY PITTMAN.| VALLEY STAR
PURELY ACADEMIC PURSUITS - Duke students, bewildered by peer pornstar, set out to investigate for themselves

VALLEY VIEW | DO YOU BELIEVE LSD COULD HAVE MEDICAL USES?

"LSD is probably used only for experimental purposes, but can in a way be used for medical purposes."

- CELESTE FLORES
PSYCHOLOGY

"Current studies show a positive correlation between LSD and its effect on combating depression."

- TYLER MEYERS
ENGINEERING

"If there was a well-tested method to use LSD for medical purposes, I wouldn't oppose the idea."

-CAT KHUNNEN
BIOLOGY

"I consider LSD a dangerous recreational drug and it should never be allowed for public use legally. "

- SRETLANA SHERTSOVA
NURSING MAJOR

"If they can prove that it works, why not?"

- JANET REYES
ENGINEERING

PHOTOS BY NATALIA CAMERONI, PHOTOGRAPHER.

ZAIN'S BRAIN

HEAD TRIP TO OZ

Researchers find LSD helps the terminally ill lift the burden of their certain doom.

ZAIN ABOURAIA

The taboo of psychedelics for medical research needs to die, lest we hold ourselves back from the next quantum leap in the fields of psychiatric medicine and mental health.

The Multidisciplinary Association for Psychedelic Studies continues to advance the field of mental health by funding a landmark study, led by Dr. Peter Gasser. The study found that LSD-assisted psychotherapy effectively alleviated the anxiety of 12 people with life-threatening chromatic conditions, many of whom died soon after the study concluded.

The recent LSD trial consisted of two non-drug therapy sessions with Dr. Gasser to become familiar, followed by a full dose of 200 micrograms of pharmaceutical grade LSD and sent on the ride of their lives. Many reported having extreme distress, but it passed as the good doctor said it would. Afterwards, they had more non-drug therapy including group therapy led by Dr. Gasser. Follow-up interviews that were conducted a year later showed that this condition did not change.

On April 19, 1943, Dr. Albert Hoffman was working as a chemist for Sandoz Laboratories in Basel, Switzerland. His goal at the time, and for some years prior, was to synthesize a compound that would halt uterine bleeding after childbirth. His 25th iteration of a chemical he found in ergot was no more successful in stopping blood loss than the 24 before it; however, he did note that this version of the compound made his mice act very strange and erratic. He took it and while riding home he noticed the city underneath him and his assistant.

A decade after that, the genie would be released from the bottle by the Ivy League Universities and into the minds of deviants like Ken Kesey and reckless academics like Tim Leary who would go on to encourage the world to "turn on, tune in, drop out." Essentially telling you to take acid, become part of a new consciousness that regarded all humans as the same being, and abandon society in favor of egalitarian-hippy communes.

After the Nixon administration deemed this philosophy and the generation that spawned too dangerous to be legal, Lysergic Acid Diethylamide and its compatriot hallucinogens were swept under the rug with the Single Convention on Narcotic Drugs of 1975, an international treaty prohibiting the manufacture, sale and use of all drugs. While research on psychedelics was not technically banned, it was ground to a halt and buried under mountains of paperwork and bureaucratic nonsense, effectively arresting scientific inquiry.

Now, after all this time, we find that LSD has proven promise of great benefits for hospice and end-of-life care at the very least; not to mention that potential for insight into the human mind is monumental. It is clearly in our best interest to embrace the scientifically controlled study of these strange drugs like LSD, DMT, psilocybin, and the like in order to discover the treasures in god's jewelry box.

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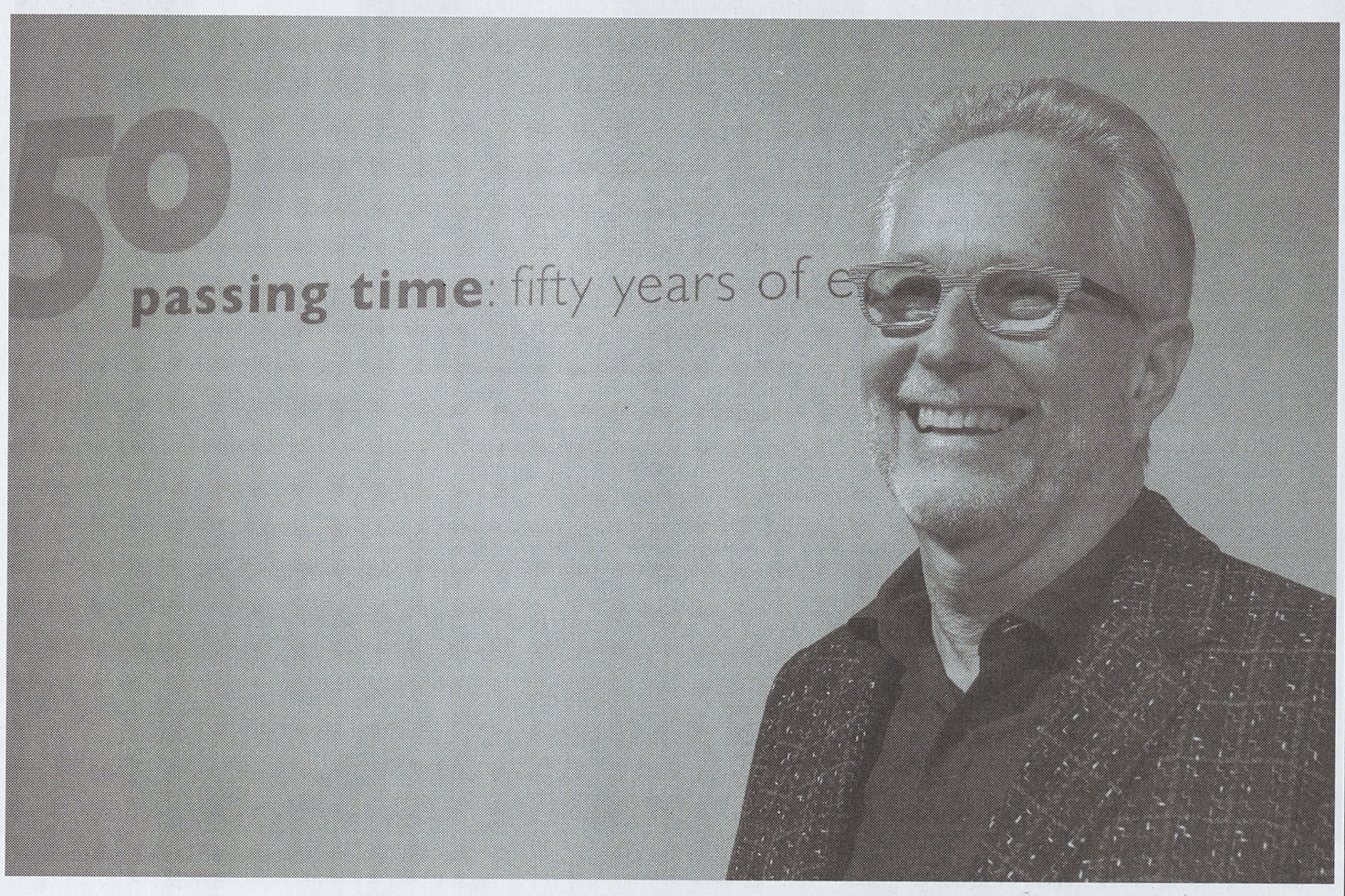
VALLEY CELEBRATES HALF A CENTURY OF ART ON CAMPUS

New art gallery show at Valley College, Passing Time: 50 Years of Exhibitions.

BRITTANY BAGWELL
VALLEY LIFE EDITOR



NATALIA CAMERONI, STAFF PHOTOGRAPHER | VALLEY STAR
OPENING RECEPTION OF PASSING TIME: 50 YEARS OF EXHIBITIONS - Dennis Reed, long time curator and former Dean of Arts at Valley College.

Art gallery shows create an atmosphere of community that other campus events do not. They provide a forum for all types of students to gather, discuss, and enjoy. Thought-provoking and entertaining, art becomes a connective experience.

"Passing Time: 50 Years of Exhibitions" is a new exhibit on display celebrating the 50th anniversary of the art gallery at LA Valley College.

The event showed a variety of mixed media works by multiple artists that spanned the galleries' half-century life; digital art, canvas, print, sculpture, pottery, and other forms were featured. Works were hanging on walls, dangling from the ceiling, atop small podiums and shelves, on the floor, and behind glass.

At 8 p.m. last Thursday the guests filed into a lecture hall for a panel discussion led by the curator of the event, longtime gallery director and former Dean of Arts at Valley College, Dennis Reed. The panel's talk was about the place of an art gallery on a college campus; whether the two institutions were a good match or an uncomfortable fit.

Panel speaker Doug Harvey, a 13-year art critic for LA Weekly, feels that 2-year colleges are in a powerful position because they are not a commercially driven business. His installation piece "Limp Chandelier" graces the catalogue and posters for the show.

Galleries at community colleges are free from the burdens of a profit driven world. They do not have to sell their art; this allows for a certain purity of selection unfettered by consumer culture.

> **"Community colleges catch those kids that fall through the cracks, myself included."**
> -Eric Jhonson

Another panel speaker, Eric Johnson, is both an alumni and artist from Valley College; he spoke about the importance of campus art galleries. "Community colleges catch those kids that fall through the cracks," Johnson said, "myself included."

About 80 people attended the opening night. Guests sat outside at tables munching on cheese cubes and baked goods. Guitarist Rick Guidotti and bassist Bruce Spiegel helped set the lighthearted mood of the event.

Contemplating works of art while listening to the theme from James Bond playing on a pair of electric fenders just feels right.

Dion Skinner, economics major, reflected on the significance of art after having a chance to view the exhibits.

"Without art it would just be a bunch of boring pencil pushers. Where else can you find a picture of a woman knitting a condom –it's important." referring to a piece by Stephen Berkman.

Skinner may be onto something. For an evening, the gallery brought strangers together as friends, something it has been doing for 50 years. People who didn't know each other were talking and laughing as they explored each piece in the room.

The art gallery at Valley College sure knows how to put on a show. Stop by the Art Building to experience selected works from its history spanning 1964 to 2014 from March 13 - April 24. Monday - Thursday 11 a.m. to 2 p.m. and Monday - Wednesday 6 p.m. to 9 p.m.

VALLEYLIFE
@LAVALLEYSTAR.COM

MONARCHS LOOK GOOD FOR LESS

Students can look fabulous while saving money on dupes for expensive high-end products.

MONESSA CHAHAYED
STAFF WRITER

Makeup lovers can look fabulous without breaking the bank while spending money on high-end beauty products by finding exact dupes at drug stores.

Achieving makeup looks inspired by celebrities or beauty gurus has never been easier when drug store brands such as Maybelline, e.l.f., or Covergirl offer similar products that are inexpensive; these brands can be found at Target or Walgreens. There are tons of beauty gurus like Michelle Phan and Kandee Johnson on YouTube that do makeup tutorials using high-end makeup brands such as MAC, Urban Decay, Chanel, and NARS. Students like Robin Powell, 20, save money when they find similar products for less than half the price.

"I go to stores like TJ Maxx or Marshalls because they have good brands at discount prices," said Powell, engineering major.

One of MAC's most popular matte lipsticks, Diva, is a whopping $16. According to MAC at Macy's in the Burbank Town Center, this intense reddish-burgundy color was sold out this past holiday season, causing them to re-stock. If you want to purchase this pricey lipstick, head to the nearest Macy's, Nordstrom, or MAC store.

If finding one of these stores is a hassle, or the lipstick is out of your price range, any drug store will carry Wet n Wild's Cherry Bomb, an exact replica of Diva. At only $1.99, Students can get the same bold color and velvety matte finish.

When Valley College students were asked to tell the difference between the two lipsticks, only 8 out of 20 Monarchs could tell that Cherry Bomb and Diva were from two different brands; students can save $14 by choosing Wet n Wild's Cherry Bomb. A few students noticed a slight color difference between the two, but 18-year-old undecided major Cassy Sotolongo could not tell them apart.

"The only difference is the price, you could buy seven of the Wet n Wild lipsticks for the price of one MAC," Sotolongo said.

One of the cheapest brands at any drug store is e.l.f. Its products range from $1 to $10 and are exact copies of high-end makeups. Makeup users can agree that primer is a crucial step in beauty routines; as the base of your foundation, primer gives a smooth surface to work with as well as help your makeup last all day. An inexpensive option is e.l.f.'s Studio Mineral Infused Face Primer; compared to Smashbox's Photo Finish Foundation Primer at $36, e.l.f.'s primer is only $6.

Sometimes high end products are worth splurging for, but students will not regret doing their research before buying.

M.CHAHAYED
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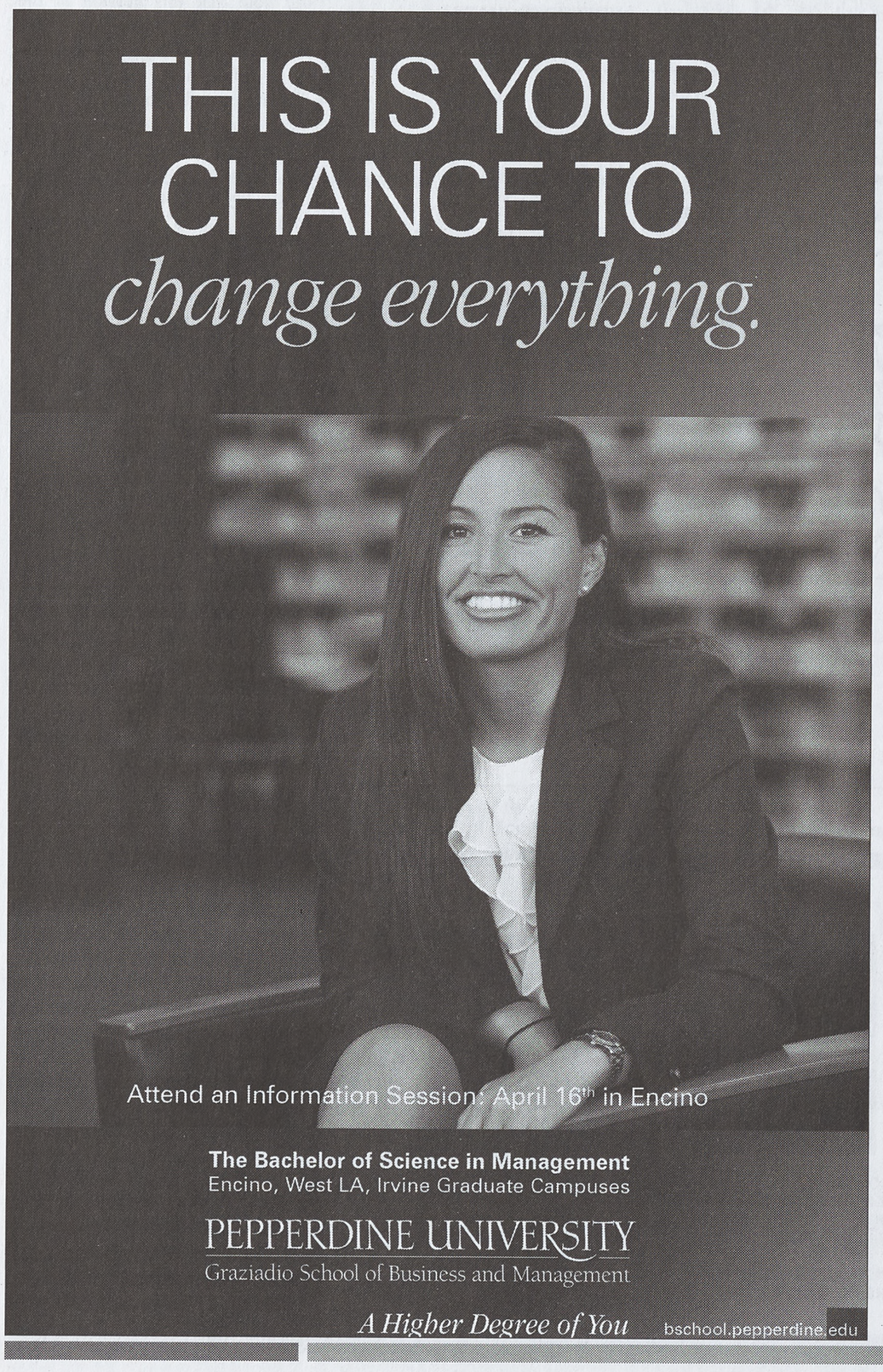
STOCK PHOTO
All Dolled Up - Savvy Monarchs do it on a budget.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FREE THERAPY GETS STUDENTS THROUGH THEIR TOUGH TIMES

Student psychological services available at no cost to Valley students.

JACKIE CARTER
STAFF WRITER

Suicide is a leading cause of death among youth attending college and universities in the United States according to The National Center for the Prevention of Youth Suicide.

Attending college can be overwhelming. Students and individuals may experience feelings of loneliness, inadequacy, and depression. These feelings are common among college students, and there are on-campus services available to help.

"Many students have concerns about being where they should be, about being good enough and issues related to self-esteem. Thoughts about suicide are not as uncommon as you would think," said Intern Therapist, Erinn Shmaeff. "Because of the stigma associated with mental health, students won't seek help. Having feelings of anxiety and stress are just a part of life and it's okay, no judgment."

Bryce Knox, broadcasting major, agrees. "Personally, I wouldn't have a problem taking the services, just for that select few people, they might feel kind of nervous about it. Some might be somewhat embarrassed but more say peer-pressured out of doing it because they feel other people think it's silly."

According to the CDC, there are many factors that can put a young person at risk for suicide including: history of previous suicide attempts, history of depression and other mental illness, alcohol or drug abuse, family history of suicide or violence, physical illness and feeling alone. However, these factors alone don't necessarily mean a suicide will occur.

Student Psychological Services provides therapy to Valley College students at no cost for up to 12 visits per semester. Any information discussed in a therapy session is kept completely confidential. However, if students are uncomfortable seeking on campus services, referrals are available to community mental health centers throughout Los Angeles. Fees for psychological services are determined by each community mental health center.

"We visit classrooms and offer workshops weekly and monthly because we want to lessen the stigma of mental health issues and to try and normalize the feelings of anxiety and stress," said Shmaeff. "We're here to help and if you don't want to talk to us, contact the Student Health Center, reach out to somebody."

Suicide can be prevented. Depression is treatable. If you or someone you know needs help contact Student Psychological Services at 818-778-5708. Appointments and walk-in hours are available in the Campus Center Building, Room 108.

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LADY MONARCHS WRAP UP HOOP SEASON

Lady Monarchs basketball season ends after a post season lose to number two seed Mount San Antonio college.

JORGE BELON
NEWS EDITOR

The 2013-14 basketball season has come to an end for the Lady Monarchs. The green and gold were eliminated by the number two seed Mount San Antonio College 59-42 in the Southern California Regional Final.

"I would have to say we got a 'B+' this season," said sophomore guard Lunden Junious-Reliford. "The only reason why we did not get the 'A' is because we did not win state this season."

The Lady Monarchs fell short of their goal of winning a state championship after managing to go undefeated in their conference with a 12-0 record and a 27-6 overall record.

The Lady Monarchs' successful record was due to good performances on the court from six sophomores on the team; guards Junious-Reliford, A'Jaee Foster, Chelsea Rhamdeow, Ajiai Ford, Jecenia Trinidad, and forward Myangel Johnson.

All six Monarchs finished high in numerous stats of the Western State Conference this season: in field-goal percentage, three-point percentage, blocked shots, and assisted/turnover ratio. Johnson was ranked number 4, Three of the Monarchs were finished in the top 50 in rebounds. Junious-Reliford was ranked number 11, and Foster was ranked number 13.

In multiple games this year, it was poor shooting from the free throw line that determined the outcome of games. In 33 games, the Lady Monarchs shot a low 61.3 percent from the charity stripe. That percentage placed them in 10 place out of the 14 team's in their conference.

"We did not focus as much as we should have," said Trinidad. "A lot had to do with just not being focused."

With the season over, Coach Monica Hang will now have to replace 10 players from her 14 woman roster, which includes her starters: Foster, Junious-Reliford, Rhamdeow, Trinidad, and Johnson.

"Honestly I am not even worried about that," said Junious-Reliford. "Coach [Hang] will get the job done. She is a good recruiter, and she is always working. I am more than positive she will have Valley ready by next season to compete and win."

NEWS
@LAVALLEYSTAR.COM

JAY GUILLAND| VALLEY STAR
SCORE- Gaurd Jecenia Trinidad dribbling past Citris' defender in the 10th conference victory of the season.

THINK IT THROUGH

DODGERS BECOME UNAVAILABLE TO LOS ANGELES FANS

ROMEO GONZALEZ

Dodger fans — don not be surprised if you find yourself knocking at your neighbor's door because you cannot watch your boys in blue have one of the most promising seasons in years; and all because you don't have Time Warner cable.

Hundreds of thousands of Dodger fans have lost their access to the Dodgers because their paid-TV operator does not carry their expensive new channel, SportsNet L.A, to give them the Dodger channel.

This was another case of sports cable kidnapping; it began with the Lakers, and now it is the Dodgers. The Dodgers were paid more that $8 billion by Time Warner to create and manage a new Dodgers-only television network. Time Warner will charge local pay-TV operators a fee of $4 per subscriber.

"To me, it's crazy for that much money to be spent but not let it be seen by the customer base," said Jeff Cohen, a Dodger fan from Tarzana to the Los Angeles Times.

So far, none of the big companies like Charter, DirecTV or AT&T U-verse have bought into the deal because they consider it unfair to raise everyone's cable rates when there are millions of non-Dodger fans.

What about us? What happens to the fans that bleed blue? The fans who live to see baseball in the Spring? How are we supposed to watch our boys make their way to the fall classic?

Time Warner will not sell the Dodger Network on a tier system where Dodger fans can pay extra for the channel.

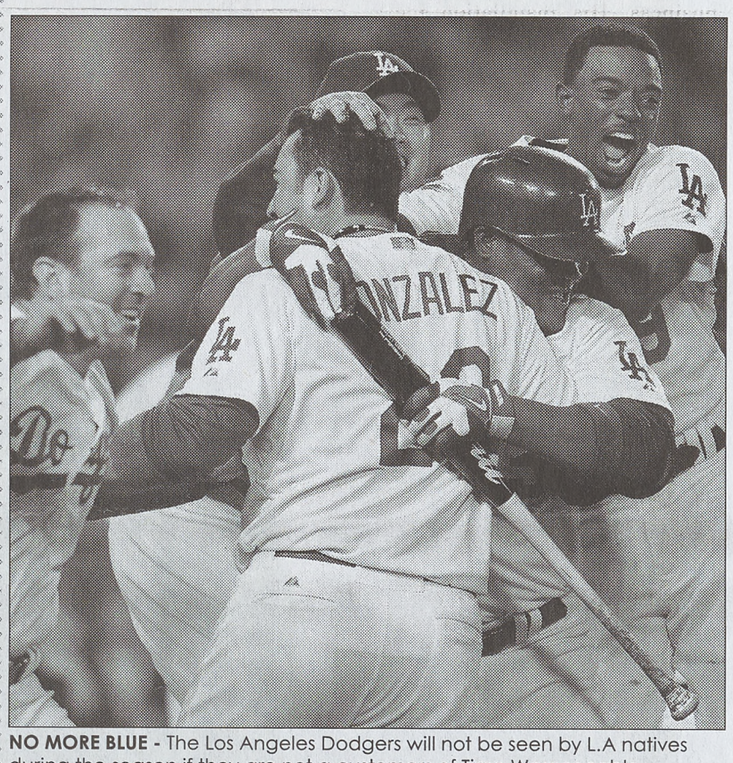
"These are really long deals," said sports broadcasting consultant Ed Dresser to the L.A Times. "You're talking about a team that is well-established in the marketplace. A day here, a day there, even a few weeks — that's a very small window of time in the lives of these contracts."

The Dodgers are counting on our outrage, their die-hard fans, to force the issue so that our boys in blue can be available for everyone to watch with the season just a couple of days away.

At this point, even begging won't work for the fans. If you don't have Time Warner, you can't watch Dodger games. KCAL has been cut out, and so have many many true-blue fans.

The Dodgers have provided a place for the fans to express their frustration and bring our boys in blue back to everyone. Wrtie the team at a website desperately named www.IneedmyDodgers.com.

email Romeo Gonzalez at *sports@lavalleystar.com*
Send general comments to *valleystar@lavalleystar.com*



NO MORE BLUE - The Los Angeles Dodgers will not be seen by L.A natives during the season if they are not a customers of Time Warner cable.

LAKERS COULD RETURN TO PROMINENCE THROUGH NBA DRAFT PICK CHOICES

NBA prospects Jabari Parker and Dante Exum could aid the Lakers back to a winning franchise.

KEVIN BUCKLES
STAFF WRITTER

A gruesome season has left the Los Angeles Lakers with what will be a high selection in the highly touted 2014 NBA draft, which could feature Duke's All-American forward, Jabari Parker, and Australian-born guard, Dante Exum.

Drafting Parker or Exum in June could certainly help expedite fixing the Lakers' on-court issues, but between the two teenage standouts, who could be the better fit on the Lakers roster?

In Jabari Parker, the Lakers would receive a clutch scorer with the 6'8", 235 'pound forward. The First team All-American has been on a tear as of late for the 7 AP ranked Duke Blue Devils, recently scoring a career-high 30 points versus rival, University of North Carolina. UNC's head coach Roy Williams told reporters after the game that Parker's play was the most extraordinary he had seen as a coach.

"Jabari was about as impressive I've seen in a long, long time," Williams said. "It's hard to say what 'it' is, but whatever the hell it is, Jabari found it. I thought tonight was a fantastic exhibition."

Parker's assumed entrance into this year's draft could come at no better time for the Lakers with Kobe Bryant's recent unfortunate injuries to his achilles and knee. It has become more obvious to Laker Nation that the end to the 16-time All-Star's career is closer than expected, opening the door for a younger, fresher scoring forward to take the reigns as the number one player on the team.

Dante Exum, on the other hand, also possesses the tools to become the best on-court option for the Lakers. Many have compared his style of play to that of Philadelphia 76ers point guard, Michael Carter-Williams, as well as Oklahoma City's All-Star point guard, Russell Westbrook.

Exum is 6'6", with a wingspan of 6'10". His explosiveness as a point guard could have the Lakers brass salivating, envisioning him running the show on the court similar to five-time champion and Hall of Famer Magic Johnson. It is also the style of play that Lakers management envisioned when trading for point guard Steve Nash and center Dwight Howard.

Exum's on-court abilities fit the up-tempo mold that the Lakers could still be seeking for. To make matters even more interesting, not only has Exum hired the same agent as Kobe Bryant, Rob Pelinka, but he has also directly stated having interest in playing for the Lakers.

"I've been to L.A. many times and I love the city, and it is a great city," Exum told Bleacher Report. "Just to be in an environment where you have a great player like Kobe, where you have a mentor in a way as a rookie, I think that would be the best option."

Although Exum and Parker are two very different players, they could equally be a perfect fit for the franchise and help usher in a new era of Lakers basketball.

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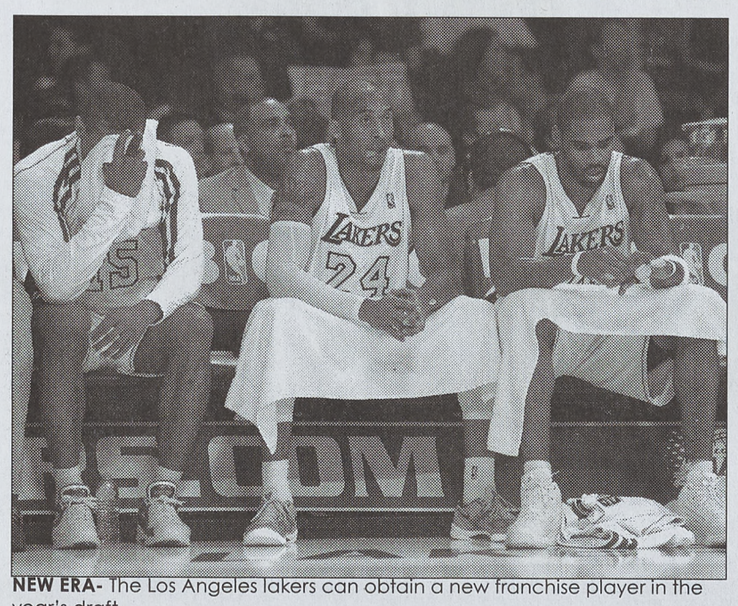

NEW ERA- The Los Angeles lakers can obtain a new franchise player in the year's draft.

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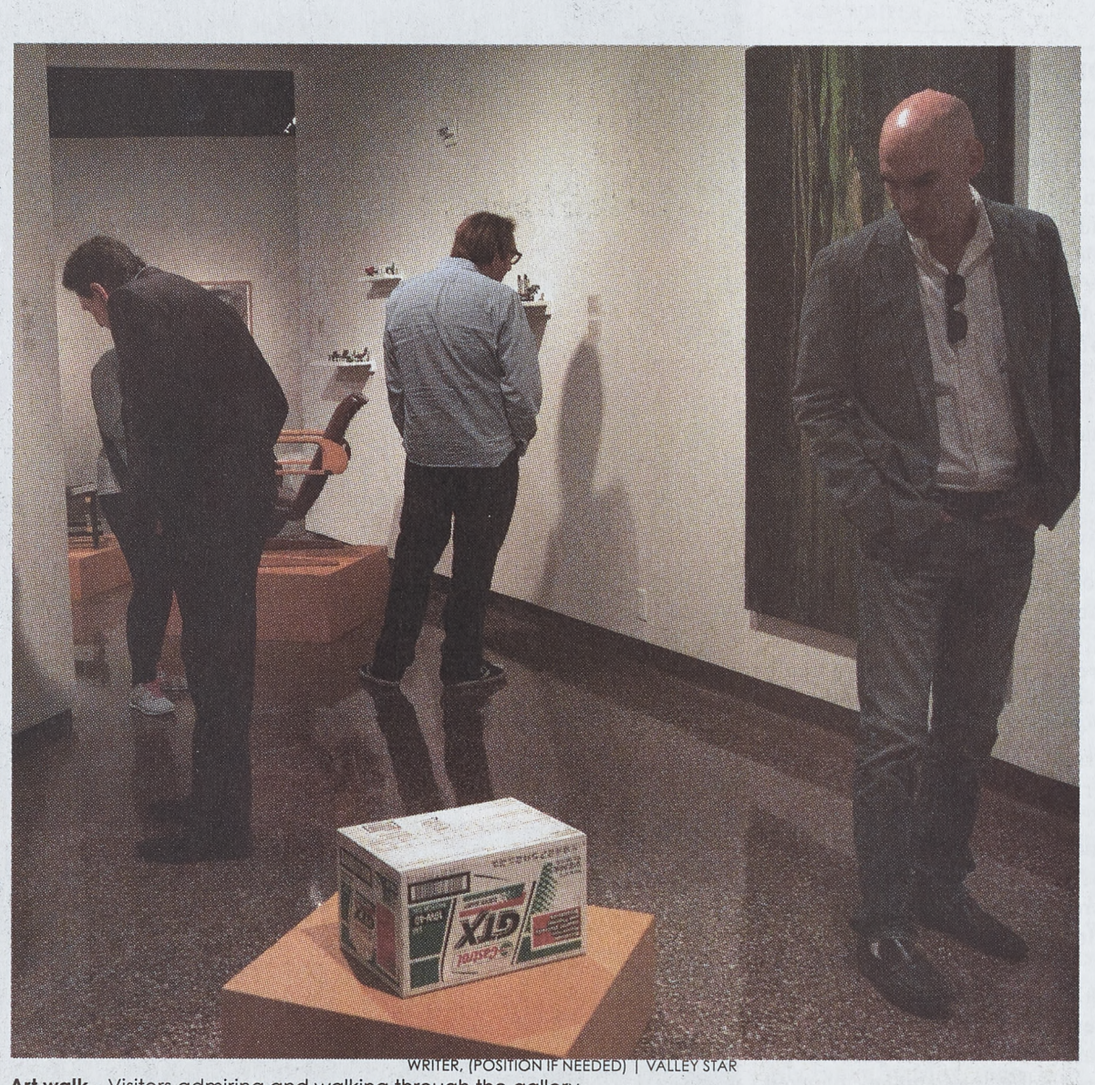
MONARCHS CELEBERATE THE 50TH ANNIVERSARY OF VALLEY'S ART GALLERY

PHOTOS BY
NATALIA CAMERONI

WORDS BY
JORGE BELON-NEWS EDITOR

On Wednesday, March 12, The Valley College art gallery celebrated its 50th anniversary in the Art Building by showcasing selected works from various gallery exhibits, ranging from collections from The Getty, to works by Valley's own creative minds.

The gallery has come a long way since it's opening in 1964. The ceremony, "Passing Time: 50 Years of Exhibitions," began at 7 p.m. in the Art Gallery. The event featured live music, food, and guest speakers, but the main attraction was the myriad art work on display, featuring sculptures, installation pieces, pottery, and pieces from various other art mediums. Monarchs and art lovers who missed the grand opening can still come by and appreciate the exhibit from March 13 through April 24. Daytime hours are Mondays through Thursdays from 11:00 a.m. to 2:00 p.m. Evening hours are Mondays, Tuesdays and Wednesdays, from 6:00 p.m. to 9:00 p.m.

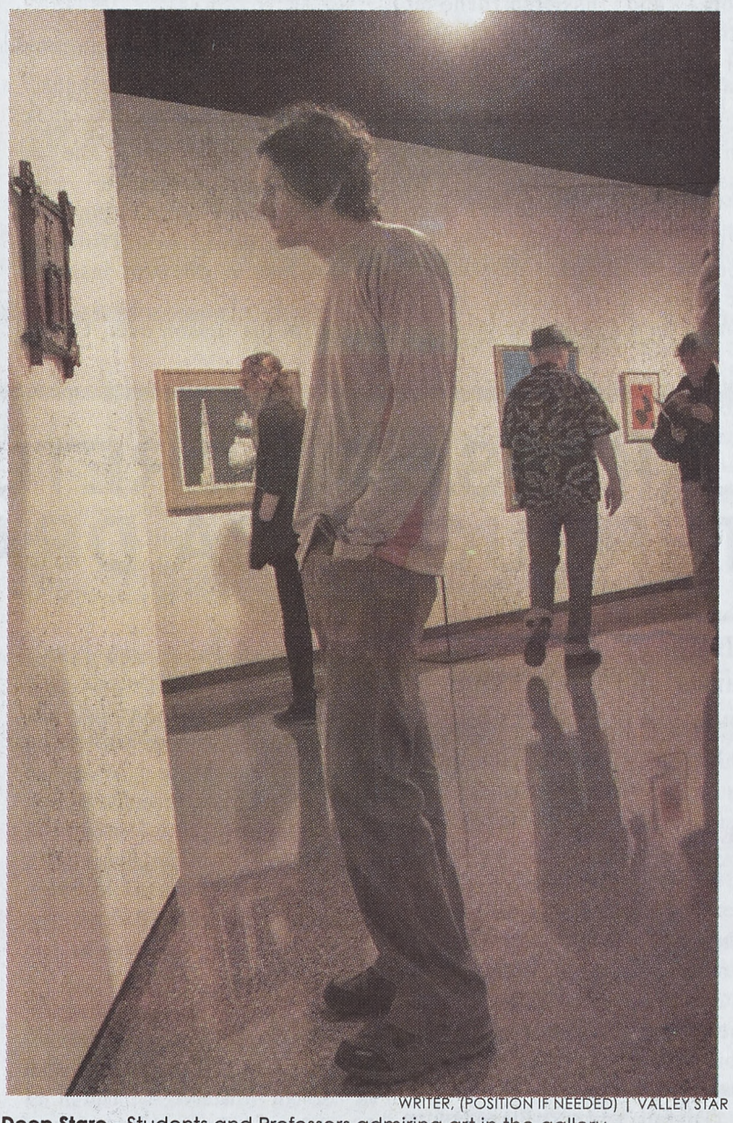


WRITER, (POSITION IF NEEDED) | VALLEY STAR

Art walk - Visitors admiring and walking through the gallery.

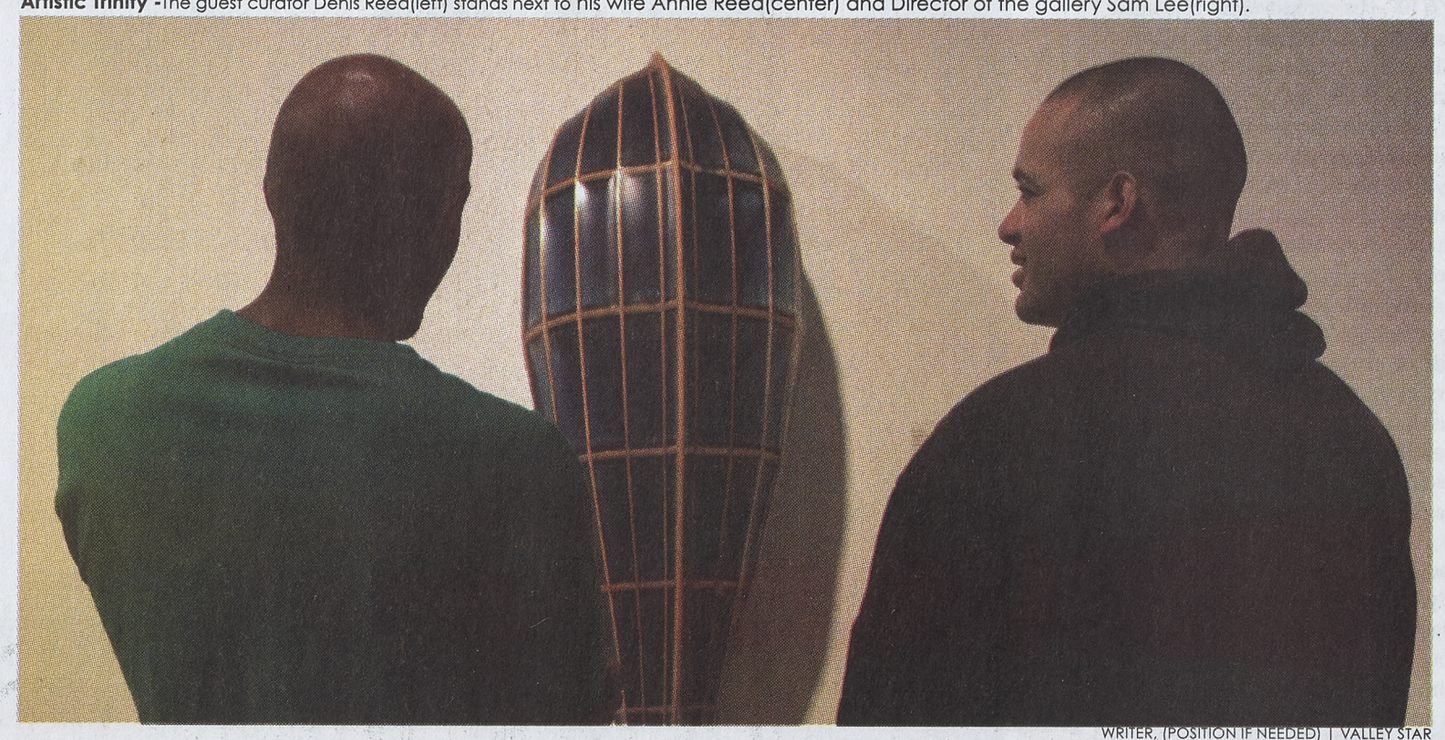
WRITER, (POSITION IF NEEDED) | VALLEY STAR

Artistic Trinity -The guest curator Denis Reed(left) stands next to his wife Annie Reed(center) and Director of the gallery Sam Lee(right).



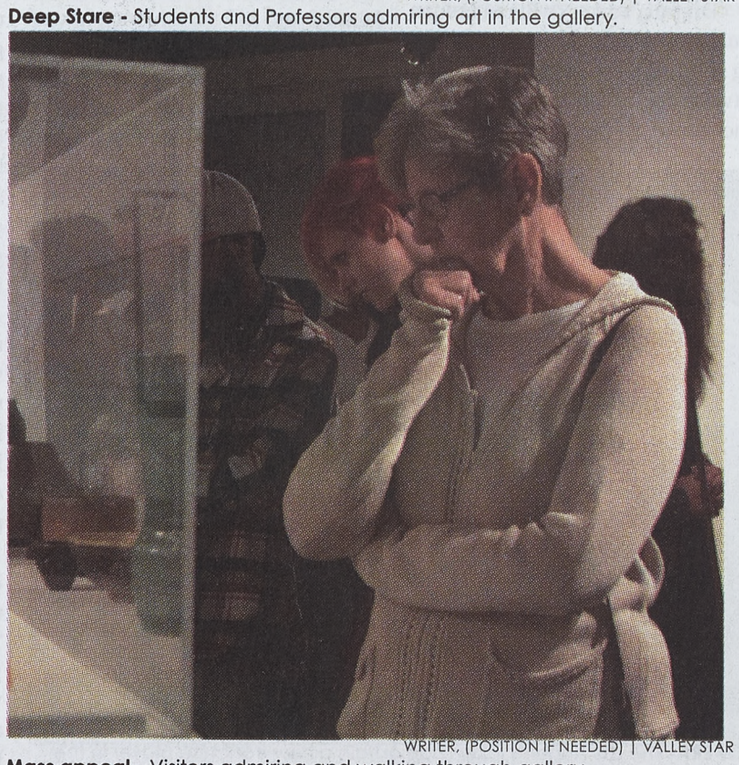
WRITER, (POSITION IF NEEDED) | VALLEY STAR

Deep Stare - Students and Professors admiring art in the gallery.



WRITER, (POSITION IF NEEDED) | VALLEY STAR

Talk about it - Two students spark conversation over a piece they found at the gallery.



WRITER, (POSITION IF NEEDED) | VALLEY STAR

Mass appeal - Visitors admiring and walking through gallery.